

Halyburton Park

2006 Fall Classes



Space is limited so register early.

HALYBURTON PARK
City of Wilmington
4099 S. 17th Street
Wilmington, NC 28412
www.wilmingtonrecreation.com
343-3614 phone
341-7854 fax

BEGINNER YOGA

Tuesdays, August 29th - October 31st
(8 weeks)

No class - Sept. 12 & Oct. 10th

10:15-11:15 am

Cost is \$55/person

INTERMEDIATE YOGA

Thursdays, August 31st- October 19th
(8 weeks)

9:15 -10:15 am

Cost is \$55/person

Beginner Yoga is for beginning and continuing students as an introduction to the fundamentals of alignment and breathwork, with an emphasis on stretching, strengthening, and relaxation of the entire body.

Intermediate Yoga is for the student who is familiar with yoga and wants to explore a faster paced flow and deeper stretches with the posture. This course is taught by a certified Yoga instructor.

HIP HOP/DANCE FOR TEENS

Ages 11-18

Mondays, Sept 11- Oct. 16th (6 weeks)

4-5pm

Cost is \$40/person

Get ready for some movin' and groovin" to the latest hip/ hop/ dance beats. This action packed class will be fun with easy to learn steps, while keeping the excitement alive. Students will learn choreographed steps with music. Come see what the hype of Hip Hop is all about.

YOGA FOR KIDS

Ages 7-12

Thursdays, September 14-October 19th
(6 weeks)

4 p.m -5 p.m.

\$40/person

Children's yoga is a healthy and natural way to exercise, relax, and focus while having fun with yoga inspired games. Your child will gain self confidence, stay fit and learn to work well with others. Each class will begin with stretching and learning a few new postures and end with some relaxation time and breathing exercises.

INFANT, CHILD, AND ADULT CPR CERTIFICATION

Saturday, September 16th 8-12pm

Cost is \$15/person plus the cost of the instruction manual

Individuals will be trained to give basic life support to adult, child, and infant. Upon completion of this American Heart Association 4 hour course, you will receive a card stating that you completed the course and a 2 year AHA CPR certificate. The heart saver class is equivalent to an A/B card.

SELF DEFENSE

Wednesdays, Sept. 20th- Nov. 8th
(8 weeks)

Teens (age 13-18): 5:30-6:30 p.m.

Adults: 6:30-7:30 p.m.

Cost is \$60/person

\$50/person if you bring a partner

This class will help individuals to discover simple self defense techniques stemming from the Isshinryu karate system. We will cover physical confrontation such as grabs, simple chokes, pushes and punches etc. We will discuss the mental aspects of an attack and how to begin to think like an aggressor. This class is taught by Kevin Harvey, who is an instructor of Isshinryu Karate.

STROLLER FITNESS

Fridays, Sept. 29th- Nov. 15th
(8 weeks, 9:15-10:15 am)

Cost is \$45/person

Please join us for outdoor Postnatal stroller workouts this fall. This class consists of power walking with infant or child in stroller and includes creative and various forms of strength training exercises using exercise tubing, body weight and the stroller. Enjoy a total body workout, and no need for childcare. This class will help develop stamina, increase strength, restore muscle tone, and increase energy to more easily handle the rigors of motherhood. The class is taught by Jill Grandchamp, of Grandchamp Fitness.

INTERMEDIATE PILATES

Tuesdays, October 3rd- November 21st
(8 weeks, no class on Oct. 10th)

5:30-6:30 pm

Cost is \$55/person

ADVANCED PILATES

Tuesdays, October 3rd- November 21st
(8 weeks, no class on Oct. 10th)

6:30-7:30 pm

Cost is \$55/person

Pilates matwork for the intermediate or advanced student will focus on building strength without bulk, improve flexibility and agility, and prevent injury. Using only body weight and gravity, the matwork will lengthen the entire body. These classes will focus on integrating the entire body, rather than exercising each body part separately. Emphasis will be put on using the body as a whole to achieve better alignment and ultimately reteaching the body to work more efficiently. These classes are taught by a certified Pilates instructor.

HOLIDAY WORKSHOP

Saturday, November 11th 12-4 pm

Cost \$15/person

Please join us for a day of arts and crafts, just in time for the holidays. We will work on holiday ornaments, and other fun arts and crafts to get everyone in the holiday spirit. Cost includes materials needed.

**Halyburton Park is located at
4099 S. 17th in Wilmington.
343-3614
www.wilmingtonrecreation.com**

Registration Form

Name: _____

Address: _____

Phone #: _____

Email: _____

Emergency Contact (Name/phone): _____

Medical Restrictions: _____

Program (Please list)

_____ Date: _____

_____ Date: _____

Cost: _____

Please indicate method of payment.

_____ Check _____ Cash _____ Credit Card
(Visa/Mastercard)

Account #: _____

Expiration: _____

I hereby authorize the City of Wilmington to apply

\$_____ to the account listed above.

Signature (required) Date

*Please make checks payable to: City of Wilmington.
Mail registration forms to: City of Wilmington,
302 Willard St, Wilmington, NC 28401 or fax to
341-7854.*

Questions, please call 343-3614.